

# #niedchat

## Stress-busting in the classroom

#NIedchat Wed 23 Jan 2013

## Trending Words

@dmchugh675, rt, @c\_w\_b\_h, stress, @petersg76, teaching, @mapsman, hi, -, teacher, time, ., i'm, good, @amandasalt

## Event Participants





"Managing stress" is our topic on #Niedchat tonight. See you at 8.30 (UK/Ire).

23-Jan-13 12:30 | Nledchat



@C2k\_info Have to say - fantastic Elluminate session with P7 class today due to school closure. Worked superbly well & smoothly. #niedchat

23-Jan-13 12:35 | MrMalcontent



Wed Chats II: #txed #Nledchat #miched #nebedchat #libchat #yalitchat #symchat #jedchat <http://t.co/wDJ29M3I>  
Please inform me of any changes

23-Jan-13 12:48 | cybraryman1



@cybraryman1 Thx 4 list- Chats II: #txed #Nledchat #miched #nebedchat #libchat #yalitchat #symchat #jedchat  
<http://t.co/rnAiaLOH> #6050chat

23-Jan-13 12:53 | PrincipalPC



RT @cybraryman1: Wed Chats II: #txed #Nledchat #miched #nebedchat #libchat #yalitchat #symchat #jedchat  
<http://t.co/wHLXukau>

23-Jan-13 13:09 | MichEdReform



Frank Hennessey hits nail on head when talking about disconnect between pupils exps in NI primary schs and post primary. #TWGEE #niedchat

23-Jan-13 15:33 | dmurray742



RT "@Nledchat: "Managing stress" is our topic on #Niedchat tonight. See you at 8.30 (UK/Ire)."

23-Jan-13 17:06 | dmchugh675



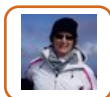
"How can teachers avoid/manage stress?" is our topic on #niedchat in one hour. Everyone welcome.

23-Jan-13 19:30 | Nledchat



Minecraft as an educational tool <http://t.co/KUmOtvSG> #ict #minecrafteu #edchat #edtech #edchatie #niedchat #minecraft

23-Jan-13 19:30 | DCallanIT



@MrMalcontent @dmurray742 @C2k\_info Glad 2 hear all went well 4 U, learning all about taking risks, even 4 teachers sometimes :) #niedchat

23-Jan-13 19:41 | medv2



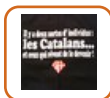
@Nledchat How can I join tonight's #niedchat? Is it just a matter of following on the hash tag?

23-Jan-13 19:52 | JonnyAThompson



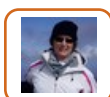
@JonnyAThompson That's about all there is too it. See you at 8.30 :) #niedchat

23-Jan-13 19:56 | Nledchat



@Nledchat Nice. Chat soon. :- ) #niedchat

23-Jan-13 19:57 | JonnyAThompson



RT @pearsonIs: Taking #gamification to a whole new level: Swedish school to offer mandatory Minecraft course  
<http://t.co/6b5D0cH0> #niedchat

23-Jan-13 20:02 | medv2



Just realising that #niedchat is only 15mins away!!!

23-Jan-13 20:13 | dmchugh675



Unprotect your tweets from settings to get the most out of #niedchat. You can protect your tweets again after the chat.

23-Jan-13 20:31 | dmchugh675



#Niedchat Hi all, Chris from Comber. I'm an MFL PGCE student at the OU :)

23-Jan-13 20:31 | C\_w\_b\_h



Hi I'm Jayne and I'm a primary teacher in Antrim #niedchat

23-Jan-13 20:32 | LITTLELADYJAYNE



Hi there, I'm Emma teaching P6 in Belfast. #niedchat #Niedchat

23-Jan-13 20:32 | 8035emma



@C\_w\_b\_h Hi Chris. Is this your first time here? #niedchat

23-Jan-13 20:32 | dmchugh675



@LITTLELADYJAYNE Hi Jayne :) #niedchat

23-Jan-13 20:32 | dmchugh675



@8035emma Hi Emma. Lots of stress in P6! #niedchat

23-Jan-13 20:33 | dmchugh675



Let's get going...is Teacher stress a myth? We get great holidays and only work to 3pm surely??? #niedchat

23-Jan-13 20:34 | dmchugh675



is there any problems editing the TMNW wiki trying to add myself as a presenter #niedchat

23-Jan-13 20:34 | johnmayo



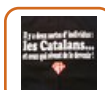
@C\_w\_b\_h Apologies. Things move so fast here i miss quite a few people! #Niedchat

23-Jan-13 20:34 | dmchugh675



#niedchat I hope that everyone is not too stressed to join in tonight :-)

23-Jan-13 20:35 | LITTLELADYJAYNE



#niedchat Hi everyone. Jonny Thompson here. I'm a PGCE student (French & Spanish) at QUB.

23-Jan-13 20:35 | JonnyAThompson



#Niedchat i saw a copy of @amandasalt's ML timetable at Grosvenor Grammar today, it looked pretty stressful!

23-Jan-13 20:35 | C\_w\_b\_h



@johnmayo Don't think so,. Hit the button furthest left on the top right...if that makes sense. #niedchat

23-Jan-13 20:35 | dmchugh675



RT @dmchugh675: Let's get going...is Teacher stress a myth? We get great holidays and only work to 3pm surely??? #niedchat

23-Jan-13 20:36 | Nledchat



#niedchat Hola am dipping in and out, marking Form 5 mock essays

23-Jan-13 20:39 | amandasalt



@C\_w\_b\_h I Is that a good thing though? Risk of burnout??? #niedchat

23-Jan-13 20:39 | dmchugh675



@8035emma Agree. Life happens, it's how you react that counts. #niedchat

23-Jan-13 20:40 | dmchugh675



RT @dmchugh675: @8035emma Agree. Life happens, it's how you react that counts. #niedchat

23-Jan-13 20:40 | C\_w\_b\_h



@C\_w\_b\_h @amandasalt She never stops! #niedchat

23-Jan-13 20:40 | dmchugh675



#Niedchat so if it's how you react that counts..how do you all react?

23-Jan-13 20:40 | C\_w\_b\_h



RT @dmchugh675: @C\_w\_b\_h @amandasalt She never stops! #niedchat

23-Jan-13 20:41 | C\_w\_b\_h



@dmchugh675 @C\_w\_b\_h enough already! plus, these are mocks! #niedchat

23-Jan-13 20:41 | amandasalt



@amandasalt @C\_w\_b\_h Very important...create another learning activity by getting the kids to mark it themselves ;) #niedchat

23-Jan-13 20:42 | dmchugh675



#niedchat. Teaching can be all consuming. I often remind myself that....'many graveyards are full of indispensable people'

23-Jan-13 20:42 | TheTeacher6



It appears I have voluntarily invited ETI into my classroom this time next week. Want to avoid stress? Don't do what I've done! #niedchat

23-Jan-13 20:42 | lcgeography



@C\_w\_b\_h I think it is important for the teacher to be clam and collected. Not always easy in a packed timetable. #niedchat

23-Jan-13 20:42 | dmchugh675



@C\_w\_b\_h CALM! lol #niedchat

23-Jan-13 20:43 | dmchugh675



#Niedchat so what ways do you all navigate stress? after home time...

23-Jan-13 20:43 | C\_w\_b\_h



Sometimes just taking stock of what you have already done rather than what you have to do can help. #Niedchat

23-Jan-13 20:43 | 8035emma



@C\_w\_b\_h glass of wine #Niedchat

23-Jan-13 20:45 | 8035emma



RT @TheTeacher6: #niedchat. Teaching can be all consuming. I often remind myself that....'many graveyards are full of indispensable people'

23-Jan-13 20:45 | LITTLELADYJAYNE



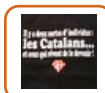
RT @8035emma: @C\_w\_b\_h glass of wine #Niedchat

23-Jan-13 20:45 | C\_w\_b\_h



a glass of wine and some 80s classics midweek. Complete stress buster! #niedchat

23-Jan-13 20:45 | LiamOManachain



#niedchat

23-Jan-13 20:45 | JonnyAThompson



@LITTLELADYJAYNE @curriculumni Important to focus on the learning and try to have fun...push all the other stuff to the side. #niedchat

23-Jan-13 20:46 | dmchugh675



Boxing fitness class works for me #niedchat :-)

23-Jan-13 20:47 | LITTLELADYJAYNE



Liam O Manachain. Irish Teacher. St Marks Warrenpoint #niedchat

23-Jan-13 20:47 | LiamOManachain



#Niedchat do schools withn gyms let teachers use them after hours? surely a punchbag would come in handy after a long day?

23-Jan-13 20:48 | C\_w\_b\_h



@LiamOManachain Hi Liam...we're talking stress and how to combat it. #niedchat

23-Jan-13 20:48 | dmchugh675



@C\_w\_b\_h Think our PE guys recommend exercise before work. Raises energy and mood. #niedchat

23-Jan-13 20:48 | dmchugh675



@dmchugh675 @curriculumni stuff on the side nearly as high as the ironing on the other side #2pethates #niedchat

23-Jan-13 20:49 | LITTLELADYJAYNE



@dmchugh675 #Niedchat small issue of getting out of bed! do schools let you use facilities?

23-Jan-13 20:49 | C\_w\_b\_h



Exercise is the one thing I am not good at making time for #niedchat

23-Jan-13 20:49 | amandasalt



@amandasalt #Niedchat do GGS let staff use that gym?

23-Jan-13 20:50 | C\_w\_b\_h



#Niedchat think its important to realise that you need to have a cut off point every day -

23-Jan-13 20:50 | CarlaDoc



Agreed! RT @CarlaDoc: #Niedchat think its important to realise that you need to have a cut off point every day -

23-Jan-13 20:51 | dmchugh675



Anyone have any techniques to buy a few "head space" minutes in class? #niedchat

23-Jan-13 20:52 | dmchugh675



@amandasalt id second that. I have times where i exercise but then times when work gets busy and then i go weeks without #niedchat

23-Jan-13 20:52 | LiamOManachain



#Niedchat are there any nights in the week when teachers don't consider work?

23-Jan-13 20:52 | C\_w\_b\_h



@amandasalt neither am I but enjoy it when I go good crack #new year challenge #niedchat

23-Jan-13 20:52 | LITTLELADYJAYNE



@dmchugh675 @CarlaDoc good in theory but not always in practice when deadlines loom #niedchat

23-Jan-13 20:53 | amandasalt



@dmchugh675 I have a starter on the board and that let's me get sorted #niedchat #headspace

23-Jan-13 20:54 | amandasalt



@dmchugh675 during frees, if you get any!, put some music on and have a coffee #niedchat

23-Jan-13 20:54 | LiamOManachain



@amandasalt @CarlaDoc The only deadlines I take seriously are ones where stuff is being collected by Parcel Force! #niedchat

23-Jan-13 20:54 | dmchugh675



@amandasalt Starters are good. Three or four questions to get them chatting about your subject and buy you some time. #niedchat

23-Jan-13 20:55 | dmchugh675



@dmchugh675 whole school focus on oracy so I am putting a photo up and they have 2-3 mins to prepare something to say in Spanish #niedchat

23-Jan-13 20:56 | amandasalt



#niedchat we are post inspection - action planned to within an inch of our lives - stress in my school is all too real

23-Jan-13 20:56 | cath176



@LiamOManachain Music in class can be good too. Works well for my ICT group...they're starting to warm to Sigur Ros :) #niedchat

23-Jan-13 20:56 | dmchugh675



@dmchugh675 silent reading time and sometimes I read too or sometimes I use the relax kids CD which is like meditation #niedchat

23-Jan-13 20:57 | LITTLELADYJAYNE



RT @cillian\_walsh: #Niedchat hi folks, Cillian here, secondary teacher. Gonna be dipping in & out - Open Night 2moro, marking, learning for quiz, stressed!

23-Jan-13 20:58 | dmchugh675



@dmchugh675 they love the music. And it does help them work. Relaxes teacher too. #niedchat

23-Jan-13 20:58 | LiamOManachain



@dmchugh675 at the minute we can't see the wood for the trees! So much going on at once #niedchat

23-Jan-13 20:59 | cath176



RT @TheTeacher6: #niedchat. Teaching can be all consuming. I often remind myself that....'many graveyards are full of indispensable people'

23-Jan-13 20:59 | CiarnaC



Sorry I am late! No 1 kid's birthday tomorrow so bedtime was later than usual! #niedchat

23-Jan-13 20:59 | mapsman



Music a great idea, don't use it often enough...off to find CDs... #Niedchat

23-Jan-13 21:00 | 8035emma



@mapsman Welcome to the Sigur Ros appreciation society!! #niedchat

23-Jan-13 21:00 | lcgeography



#Niedchat do schools have staff welfare policies? are these acted upon?

23-Jan-13 21:00 | C\_w\_b\_h



@mapsman Hi Tim. What's your top stress busting technique/tip? #niedchat

23-Jan-13 21:00 | dmchugh675



@8035emma I've a few youtube playlists for when things are getting fraught. Amazing the difference music makes #niedchat

23-Jan-13 21:01 | dmchugh675



@LiamOManachain @dmchugh675 best technique right there! Music calms everybody and they work well too while its on!Just no tiesto! #niedchat

23-Jan-13 21:01 | crodgers911



@dmchugh675 I'm a bit odd. I thrive on stress but you have to manage it carefully! Music. Coffee. Chocolate. #niedchat

23-Jan-13 21:01 | mapsman



#niedchat music is the way forward. When i have a free, I turn on this and turn it up!  
<http://t.co/qQxgXp4c>

23-Jan-13 21:01 | cillian\_walsh



@mapsman I can understand that but it is a dangerous game. #niedchat

23-Jan-13 21:02 | dmchugh675



@dmchugh675 #niedchat  
Seriously . . . my best advice is to learn to laugh with your class. The more I enjoy my classes the less stress!

23-Jan-13 21:02 | mapsman





RT @mapsman: @dmchugh675 #niedchat  
Seriously . . . my best advice is to learn to laugh with your class. The more I enjoy my classes the less stress!

23-Jan-13 21:04 | dmchugh675



RT @crodgers911: #niedchat we have recently introduced a staff welfare group in school with part of the remit being how to improve work/life balance.

23-Jan-13 21:04 | dmchugh675



@cillian\_walsh that song is so you! I can imagine you jamming to that.#niedchat

23-Jan-13 21:04 | LiamOManachain



RT @PeadarHynes: #niedchat take a team after school. It helps to relax and no discipline problems with students!

23-Jan-13 21:04 | cillian\_walsh



@crodgers911 Is it called 'go to pub Friday'? #niedchat

23-Jan-13 21:04 | mapsman



@crodgers911 What does the policy say about taking part in week-night edchats???#niedchat

23-Jan-13 21:05 | dmchugh675



#niedchat Loving some of the honest comments here folks! Encouraging!

23-Jan-13 21:05 | mapsman



@crodgers911 At gatherings like that I always wish I worked closer to home!! #niedchat

23-Jan-13 21:06 | mapsman



@C\_w\_b\_h @crodgers911 We dedicated one of our SDDs to Health. Health MOT plus a few talks and a game of footie. Brilliant idea. #niedchat

23-Jan-13 21:06 | dmchugh675



looking forward to #TMNW is relieving my stress the moment whoop! #niedchat

23-Jan-13 21:06 | LiamOManachain



RT @LiamOManachain: looking forward to #TMNW is relieving my stress the moment whoop! #niedchat

23-Jan-13 21:07 | TeachMeetNW



RT @LiamOManachain: looking forward to #TMNW is relieving my stress the moment whoop! #niedchat

23-Jan-13 21:07 | dmchugh675



@mapsman @dmchugh675 #niedchat good advice I sometimes feel teachers use the word stress rather flippantly -

23-Jan-13 21:07 | CarlaDoc



@lcgeography Welcome? Pah! I'm the President of the SRAS. It ain't a picture of a glacier or erupting volcano with the Sigur! #niedchat

23-Jan-13 21:07 | mapsman



@LiamOManachain Good man! It'll be a good night out if nothing else ! #niedchat

23-Jan-13 21:08 | dmchugh675





@CarlaDoc @mapsman @dmchugh675 #niedchat  
Often when we are most stressed reflects our levels of organisation/disorganisation

23-Jan-13 21:10 | CarlaDoc



@croddgers911 @dmchugh675 sorry i meant simplest! #Niedchat

23-Jan-13 21:10 | C\_w\_b\_h



@dmchugh675 just waiting on @croddgers911 to sort the accomodation. Now thats a senior teacher taking stress off #niedchat

23-Jan-13 21:12 | LiamOManachain



RT @croddgers911: @dmchugh675 @c\_w\_b\_h #niedchat we play a game of footy most Fridays. That def helps!We could prob do without the ball though! Kicking match!

23-Jan-13 21:12 | LiamOManachain



Think it is hard for SLT folks to get the balance right between driving for improvement and welfare. But encouragement can help #niedchat

23-Jan-13 21:12 | mapsman



@CarlaDoc @mapsman I have 7 classes on Tuesday...level of organisation wanes significantly by the 4th or 5th! #niedchat

23-Jan-13 21:12 | dmchugh675



#niedchat Hi All, when I was starting out a wise teacher said 2 me that the kids were the easy part it's everything else that's stressful.

23-Jan-13 21:13 | petersg76



@dmchugh675 @carladoc I know what you mean. I tend to plan in weekly chunks so if I move too fast I always have the next thing #niedchat

23-Jan-13 21:13 | mapsman



RT @JonnyAThompson:#Niedchat Amen. And forums like this are great too - just talking (/typing) helps focus on the bigger picture again

23-Jan-13 21:13 | C\_w\_b\_h



@croddgers911 we have a football? I hadnt noticed lol couple pints after it would be good though #niedchat

23-Jan-13 21:14 | LiamOManachain



@petersg76 I think that is true. Another good reason to concentrate on the learning and push the rest aside. #niedchat

23-Jan-13 21:14 | dmchugh675



#niedchat I love teaching and enjoy learning with the kids it's the rest of the rubbish that causes the stress. BEING SUPER organised helps

23-Jan-13 21:14 | LITTLELADYJAYNE



RT @C\_w\_b\_h: RT @JonnyAThompson:#Niedchat Amen. And forums like this are great too - just talking (/typing) helps focus on the bigger picture again

23-Jan-13 21:14 | dmchugh675



@petersg76 totally! I was about to say that the teaching is the easy bit! #niedchat

23-Jan-13 21:14 | amandasalt



@petersg76 VERY true. I feel guilty that I don't spend more time planning lessons but lots on mindless admin and meeting prep! #niedchat

23-Jan-13 21:14 | mapsman



basic things like the temperature really impact #niedchat

23-Jan-13 21:18 | amandasalt



@C\_w\_b\_h I find that the nature of the job & modern schools = lots of initiatives & the constant sense I'm neglecting something #niedchat

23-Jan-13 21:18 | petersg76



@petersg76 #Niedchat totally agree with this.

23-Jan-13 21:18 | cillian\_walsh



RT @petersg76 I find that the nature of the job & modern schools lots of initiatives & the constant sense I'm neglecting something #niedchat

23-Jan-13 21:19 | C\_w\_b\_h



@dmchugh675 @petersg76 I think Americans call these 'cooler conferences'. You do have to be in the right place at right time #niedchat

23-Jan-13 21:20 | mapsman



RT @LITTLELADYJAYNE: #niedchat I love teaching and enjoy learning with the kids it's the rest of the rubbish that causes the stress. BEING SUPER organised helps

23-Jan-13 21:20 | ffarry1



#niedchat stressful things in my school; one photocopier, one staff study computer, interserve, temperamental printers, c2k, sims, adults...

23-Jan-13 21:20 | cillian\_walsh



RT @cillian\_walsh: #niedchat stressful things in my school; one photocopier, one staff study computer, interserve, temperamental printers, c2k, sims, adults...

23-Jan-13 21:21 | dmchugh675



@dmchugh675 sorry D, only getting to pop in now, been sorting out stuff for #TMNW as not long to go now and it filling up fast! #niedchat

23-Jan-13 21:21 | medv2



@dmchugh675 #niedchat very difficult to find this space - I tend to have an efficient 15 mins around 8.30am

23-Jan-13 21:21 | CarlaDoc



#niedchat is a great stress buster since training days are gone it is getting more difficult to speak to other teachers in other schools

23-Jan-13 21:21 | LITTLELADYJAYNE



Is the physical teaching itself destressing? is that a weird question? if it's what you love doing surely it's destressing?#Niedchat

23-Jan-13 21:21 | C\_w\_b\_h



@cillian\_walsh I found organising photocopying so stressful that I decided to do NONE this year. Can cope without handouts. #Niedchat

23-Jan-13 21:22 | dmchugh675



@C\_w\_b\_h yep! there is nothing better than ending an excellent lesson and the high it gives you, or even a day of good teaching #niedchat

23-Jan-13 21:22 | amandasalt



@C\_w\_b\_h the teaching is the stress relief in my opinion! It's the highlight of days filled with paperwork! #niedchat

23-Jan-13 21:22 | crodgers911



@C\_w\_b\_h Not when it means a 'flu' the first few days of every holiday. Not joking! #niedchat

23-Jan-13 21:24 | dmchugh675



#Niedchat cliché I know but I actually do enjoy my job. Stressed? Yes. Would I want to do anything else? Nope.

23-Jan-13 21:25 | lynettefreel



RT @lynettefreel: #Niedchat cliché I know but I actually do enjoy my job. Stressed? Yes. Would I want to do anything else? Nope.

23-Jan-13 21:25 | dmchugh675



#niedchat another wise teacher said 2 me when I was starting out: Do the stuff that matters & pay lip service 2 all else.

23-Jan-13 21:25 | petersg76



RT @petersg76: #niedchat another wise teacher said 2 me when I was starting out: Do the stuff that matters & pay lip service 2 all else.

23-Jan-13 21:25 | dmchugh675



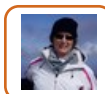
@petersg76 You have to make it happen. I used to work thru breaks and lunch but realised I was missing too much. Be deliberate #niedchat

23-Jan-13 21:26 | mapsman



@petersg76 Agree. Focus should be the learning...pull the phone out of the wall! #niedchat

23-Jan-13 21:26 | dmchugh675



@lynettefreel as someone said earlier its about having the right frame of mind to manage stress effectively into positive energy #Niedchat

23-Jan-13 21:27 | medv2



@lynettefreel I totally agree. #niedchat

23-Jan-13 21:27 | petersg76



@mapsman @petersg76 Great advice Tim. I love the convo over lunch...great opp to share and off-load. #niedchat

23-Jan-13 21:27 | dmchugh675



@mapsman @petersg76 I always go to staffroom before school, break and lunch. Most stressful weeks of school year are duty weeks #niedchat

23-Jan-13 21:28 | amandasalt



@amandasalt @mapsman @petersg76 #Niedchat so u miss out if you are not in staffroom?

23-Jan-13 21:28 | C\_w\_b\_h



@C\_w\_b\_h @mapsman @petersg76 100%! #staffroom #niedchat

23-Jan-13 21:29 | amandasalt



Quick plug for TeachMeet NW...best stress busting evening bar none! <http://t.co/DluZXjMx> #niedchat

23-Jan-13 21:29 | dmchugh675



RT @dmchugh675: Quick plug for TeachMeet NW...best stress busting evening bar none! <http://t.co/DluZXjMx> #niedchat

23-Jan-13 21:29 | amandasalt



RT @dmchugh675: Quick plug for TeachMeet NW...best stress busting evening bar none! <http://t.co/1cXVval1> #niedchat

23-Jan-13 21:30 | medv2



#Niedchat thanks all! insightful!

23-Jan-13 21:30 | C\_w\_b\_h



Thanks a lot folks. Lots of great ideas. We seem to be of a similar mindset :) #niedchat

23-Jan-13 21:31 | dmchugh675



RT @m\_adds: @dmchugh675 @mapsman @petersg76 we need the time to unwind with our colleagues. There is some craic at our lunch table #niedchat

23-Jan-13 21:32 | dmchugh675



@dmchugh675 @cillian\_walsh Really? How?!? #niedchat

23-Jan-13 21:32 | lcgeography



@dmchugh675 @mapsman @petersg76 #niedchat totally hate the break time meeting lol- this makes me stressed!

23-Jan-13 21:33 | CarlaDoc



#niedchat thanks Damien super host as usual great chat tonight #gotobedfeelingpositive

23-Jan-13 21:33 | LITTLELADYJAYNE



RT @LITTLELADYJAYNE: #niedchat thanks Damien super host as usual great chat tonight #gotobedfeelingpositive

23-Jan-13 21:33 | C\_w\_b\_h



RT @LITTLELADYJAYNE: #niedchat thanks Damien super host as usual great chat tonight #gotobedfeelingpositive

23-Jan-13 21:34 | medv2



#niedchat btw way there's some scary articles online bout how stress attacks you physically (weakens immune system etc) convinces u 2b wise!

23-Jan-13 21:34 | petersg76



RT @mapsman: Don't avoid the politics. Embrace them! In my first job topic of convo was about best temp for #Niedchat

23-Jan-13 21:34 | C\_w\_b\_h



#niedchat - thoroughly enjoyed my initiation thanks folks

23-Jan-13 21:34 | CarlaDoc